



BULLETPROOF
GOLFER



Add yards and years to your game...be a Bullet Proof Golfer™





Introduction

Congratulations on taking the first serious step towards improving not only your golf game this season, but also your health. This is not a “*band aid fix*” program, this is a life changing journey that you are going to want to take again and again. Being bullet proof means you are going to determine when you’re playing days are over, not your body or your scores. You are now down range, so time to get Bullet Proof!

In my years as a Physical Therapist, Strength and Conditioning Specialist and TPI Certified Professional, it has become overwhelmingly apparent the lack of understanding golfers have on how to train themselves for peak performance and injury prevention, particularly as they move into their adult and later adult years.

I am a single digit handicap only because of my ability to control my body and repeat the same swing over and over again. If I wasn’t training myself to move correctly, I wouldn’t be training for golf, I would be training for nothing.

The Bullet Proof Golfer is founded on science, research, expert analysis and the common sense conclusion that in order for you to swing better, you need to move better. If you are going to move better, you need to be completing workouts that are designed by experts in golf fitness and do just that, improve your movement.

Our mission is to educate and train you to bring your golf game and health to levels never before experienced.

When you complete this program 10 weeks from now, you are going to be 100% satisfied with your game and your body and we can’t wait to hear about it!



Golf Instruction: The Thief is Dead

Taking lessons to play better is stupid.

The traditional sense of this is dead, it flat out doesn't work.

My apologies if you are one of the thousands upon thousands of people reading this who have spent more money than you can count on lessons, clubs, shoes and the latest range finder. Just a wild guess, but is your handicap much better than it was when you had all that money in your pocket?

Do your back or knees or elbow hurt any less? Probably not.

If you are a legitimate golfer, my first sentence should have you thinking *"Huh? Am I an idiot or is this guy just an angry 30 handicap moron?"*

What I mean is this: Have you ever stopped to think about what your body is and is not able to do?

Have you ever tried to evaluate why it is so hard for you to stay in posture? Odds are it's not because you're an inept golfer. It's much more likely that you are limited by your body but your golf instructor never thought to assess it; or they thought about it but didn't know how.

Have paid for more lessons that I would like to count where a golf instructor told me to *"move here"* or *"don't lift up"* or *"stay down through impact"*. I can relate with you when I say that never once did that golf professional assess my body to know if I was physically capable of staying down through impact of stay in posture.

Consider this: You go to the doctor to see if you have high blood-pressure. He never checks your blood-pressure and then 1 week later you have a stroke. Wouldn't you sue him for negligence? I know I would!

So why in the setting of golf do we continue to pay instructors \$100/lesson and continue to return to them if they fail to assess and evaluate the one constant (your body) that drives that golf swing?

Lessons are terribly limited in how helpful they can be unless they are in conjunction with an appropriate, professionally designed golf fitness program that addresses your physical limitations.



If lessons are taken alone, the only way you can achieve what your body isn't capable of is through compensating and cheating until you hurt yourself and end your golf career.

Poor golf instructors make their livings off taking your money in return for false promises of band aid fixes and compensatory techniques.

If you disagree with the above and you rather enjoy donating your money for band-aid fixes and pain, please stop reading and don't let us waste your time, you will not get much from this text. You are not ready to be Bulletproof.

However...

We believe you are ready and that's why you are here.

So ... Why Bulletproof Golf?



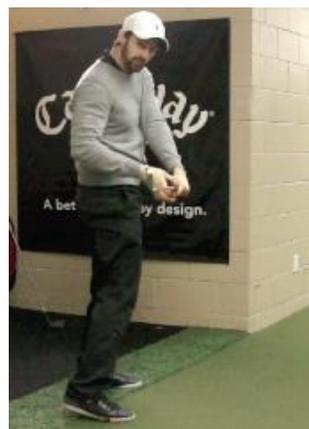
Bulletproof Golf has been developed by Fitness and Medical Professional Chris Finn and Golf performance Coach and Pro Golfer, Alex Fortey who have over 20 years' experience in the world of golf performance and rehabilitation training.

The utilized methods are scientifically and experience based and drive results that you see in less than 10 weeks.

Clients and students feel better about their game and themselves because they have decreased pain, increased yardage off the tee and increased longevity on the golf course.

An example of how Bulletproof Golf will help you and why it is important that you follow the program:

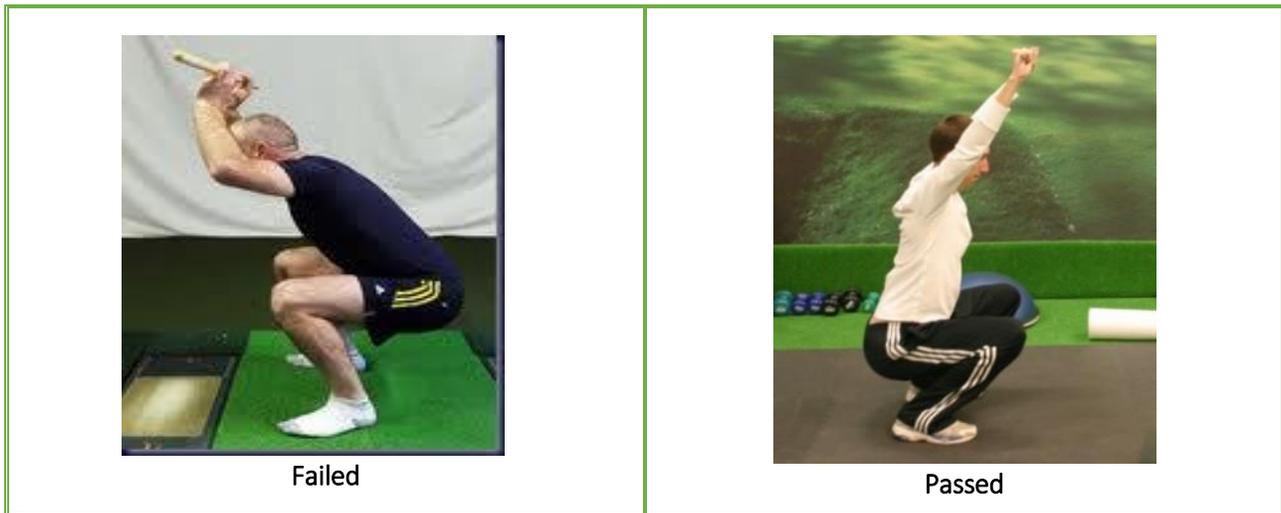
The two most common swing faults we see are early extension (*standing up out of posture so that your hips move forward into the hand space*) and reverse spine angle.



Early Extension (*Standing out of posture through impact and losing space*)

Reverse Spine angle

The most common physical restrictions we see in golfers are lack of flexibility in the hips and poor squatting patterns as most highlighted in the overhead squat test utilized in golf fitness assessments.



The amazing thing is, both of the most common physical deficits **DIRECTLY CAUSE** the most common swing faults we see!

If you are able to fix the physical, suddenly fixing the technical swing faults becomes a possibility. If you attempt to fix the swing faults without first correcting the physical problems that are causing them, you are fighting a losing battle that is only going to cost you money, years off your golf career and pain free years off your life.

Our goal in writing this book for you was to give you and as many other golfers as possible, the tools that we give our clients on a daily basis. We only work with individuals who believe in giving themselves the opportunity to play and feel their best on their own terms, not their bodies. By reading this, you are affirming to us that you are one of these amazing people that we love to work with day in and day out.

In person, we can only help a finite number of golfers.

Using this program though, you can and will become a Bulletproof Golfer.



So What Does Becoming a Bulletproof Golfer Actually Mean?

I want to congratulate you for challenging the status quo, thinking differently and approaching golf the way it needs to be approached, with your body in mind.

Before you ever pick up a club on the 1st tee, you need to know what your body can and cannot do if you are going to be successful and enjoy the game of golf for many years to come.

Here are 5 powerful reasons to start your journey to becoming a bulletproof golfer;

1. Being bulletproof means you challenge the status quo, think differently and prepare your body to move better, swing faster and hurt less.
2. Being Bulletproof means your body is ready and willing to play this game you love for as many of years as you decide, not your back or your knees.
3. Being Bulletproof means you are ready and willing to put in the necessary time (**surprisingly less than you would think**) to take control of your body and your swing to assure that you enjoy this game as long as you are above ground.
4. Being Bulletproof means that you never take a lesson with someone unless they understand your body and what it can and cannot do. Your wallet is not a source of golf professional charity, you expect results in return for your time and money.
5. Finally, being Bulletproof means that you value scientifically based assessment and evaluation driven action plans that achieve measurable and meaningful results on the course and in your life.



What can you expect from Bulletproof Golf?

You can expect results fast.

Within the first 4-6 weeks of this program you should be feeling better and notice a significant improvement in your ability to complete the workouts.

By the end of the program you will be moving better, swinging faster and hurting less. You will be able to get into positions in your golf swing that were not possible before starting the program.

Here are some examples of results experienced by different clients to give you a better idea:

Samantha, 16 yo:

After 8 weeks Samantha no longer had low back soreness after carrying her bag during 2 day tournaments and she had increased her swing speed by 7 mph (15 yards farther).

John, 68 yo:

After 6 weeks John's back pain was completely gone, his shoulder pain was reduced 80%, he was swinging the club 10 mph faster (22 yards farther) and he had increased from playing 2x/week to 3x/week because his back didn't hurt for 2 days after playing anymore.

Paul, 39 yo:

After 12 weeks, Paul was completing workouts in half the time that it took when he started, he had lost 30 lbs, was no longer experiencing back pain and found it "much easier" to stay in posture and complete the swing as his swing instructor wanted him to. Oh, and he had gained 9 mph in swing speed (almost 20 yds.)!



9 Swing Faults that are KILLING YOU!

There are 9 common swing faults that hurt most golfers and sadly, all are easily fixed if your body is able to move in the appropriate ways. The average golfer who plays at least 2x/month misses out on more than 3 weeks a year due to injury caused by these swing faults! Which do you have and how many strokes are they costing you?

Early Extension

If your calf muscles are too tight or you are not able to complete a full overhead squat correctly, 99% of the time you will demonstrate this swing fault due to your physical limitation. It is one of the top contributors to low back pain and the common misses associated with it are a duck hook or push block.

Sway/Slide

These swing faults are caused by either lack of flexibility in the hips or lack of hip stability meaning you can't stabilize on your leg during your takeaway or follow-thru. These swing faults lead to decreased power and increased risk of injury as your upper body becomes the driver of the golf swing instead of your lower body.

Over the Top

This move causes you to come from the outside to the inside and is the cause of the dreaded slice. It is also the cardinal sign of your upper body hijacking your golf swing and leads to tons of low back and upper extremity injuries...not to mention the at least 5 mph decrease in swing speed that it causes you!



Reverse Pivot

Over the top starts with this move. The reverse weight shift that occurs during this move sets you up for a severe power loss and prevents you from loading your right side. It is often caused by tight hips or lack of an ability to rotate.

Reverse Spine Angle

The leading cause of low back pain, this is when we get our spine angle upright or pointing towards the target at the top of our backswing. This leads to a severe loss of power, an increase stress placed on the spine through impact and a terrible tendency to cause over the top and a mean slice or duck hook...depending on how quick your hands are!

Loss of Posture

Standing up out of posture leads to topping the ball or even chunking when we try to get back down to the ball after standing up and overshoot the correction. Because you are spending so much energy trying to return down to the ball, you don't have it available to drive a powerful ball.

Hang Back

Ever been told you don't get over to your lead side or feel like you are falling backwards when you hit the ball? That is probably because you have poor balance or lack the rotation in your lead hip that is causing you to hang back.

Chicken Wing

This is always a result of the upper body driven swing and often times a result of lack of shoulder range of motion. This swing fault is a huge cause of wrist, elbow and shoulder pain and is famous for ending golf career early!



Why you haven't been able to fix your swing faults UNTIL NOW!

You know you have some of the faults mentioned above with your golf swing, which is why you are reading this book. If you are like most golfers you have probably spent a good amount of time on the driving range trying to fix them and are wondering why all that work and all those lessons aren't working.

The truth is, they aren't working because you haven't addressed the thing that is standing in your way, your body. If the engine in your car breaks down do you simply go purchase four new tires and expect it to suddenly run again? Of course not! Yet, we purchase new golf clubs for hundreds of dollars and expect everything to be suddenly better...doesn't make a lot of sense when you think of it this way does it? You need to fix your engine not your tires; you need to address the physical limitations that are causing your problems, not the driver in your bag.

Once you get your body moving through its full available range of motion and you are able to stabilize and control your body throughout that full range of motion, then it becomes a reasonable expectation that you should be able to achieve the positions that golf professional is asking you to in your golf swing.



PRE ROUND ROUTINE TO DO ON DRIVING RANGE

The pre-round routine is so important because it increases your muscle and joint temperatures which allow for increased energy and power output equally more distance and also lower incidence of injury. A recent study showed that individuals who performed static stretching before a round of golf saw a 6% decrease in distance compared to those who completed an active dynamic warm-up prior to play.

Make sure you are warming up to be Bulletproof and 6% longer!

- Standing stork turns
- Twist and Tilt seated
- Standing side leans with rotation (*holding club overhead on each end, addresses lats*)
- Walking lunge with rotation (focus on movement (pelvic neutral, hips level, knee no valgus))
- Golf swings with club with trail foot dropped back (increases feel of rear load)

Why not get a [complete full pre round routine and cool down here](#)



Bulletproof Golf Program introduction



According to principle 3 or the principles for injury free golf, if you don't know the point or meaning of an exercise that you are doing than you are just wasting your time and money. With that in mind as you conquer Bulletproof Golf, you want to make sure that you can answer all three of the following questions about each and every exercise. If you can't, you need to find out or stop the exercise.

1. What muscle(s) is/are this for?
2. Where should I be feeling it and where should I not?
3. Why am I doing this, how is this going to help my golf game and/or health?

In order for you to be successful in completion of Bulletproof Golf, you will need to be willing to complete the program as prescribed. If you are not sure how big of a time commitment you are willing to make, go through our entry level program first which only requires 20 minutes/day 3x/week.

If you are consistent and compliant with the program as prescribed, you can realistically expect to begin seeing/feeling changes in your discomfort, flexibility, balance, strength and distance off the tee in 4-6 weeks and often less!



Why Foam Rolling?

In order to increase flexibility, you need to not only stretch the muscles, but also release and remove any soft tissue restrictions such as adhesions or scar tissue. Consider the relationship of your arm and your sleeve (arm represents your muscles and sleeve represents your myofascial layer). Every muscle has a “sleeve” around it called its myofascial layer. When you lift your arm up, your sleeve naturally slides down and away so that your arm is not restricted. Now, pin your sleeve to your side and try to raise your arm...you can't go as far now because the arm is restricted by the sleeve. No matter how much stretching you do for the arm, it will not matter until you unpin the sleeve or *“remove the myofascial restriction.”*

Foam rolling works to “unpin” the sleeves around your muscles and free them up so that stretching can be much more effective. Without foam rolling, you will just continue to pull the pinned sleeve as in the example and never actually get to stretch the muscle. This is an important and integral part to being bulletproof on the course and in life.

When foam rolling, you want to roll up and down the entire length of the muscle and stop to focus on any areas that are particularly uncomfortable. Healthy tissue without restriction does not usually hurt when rolled, but adhesions and scar tissue are very uncomfortable. You need to search and destroy the adhesions and scar tissue in order to start increase your mobility!

Why 30 Second Stretches?

Research has shown that the little micro-fibers in muscles take about 20 seconds to physiologically let go of each other. This means that if you do not hold at least this long you are wasting your time and getting nothing out of the stretch. If a stopwatch is not available, it is recommended to count to 30 in your head just in case you count fast in order to assure that you get the full 20 seconds at very least and don't waste your time. So read, watch and follow the instructions as close as possible and take the program steady.



Work your way through each phase if you are new to golf fitness, or if you are experienced in training, you can begin at the 30 or 45 minute sessions.

Remember though that if you are mid-season or in a busy time of your life, you can follow the 20 minute program for a few weeks to stay on track.

Good Luck and enjoy!

The advice and information contained in this resource components may not be appropriate for all individuals. Therefore, the author, employees, company, affiliates, or any other parties involved in the creation or promotion of this program are not responsible for any injuries or health conditions that may result from advice, opinions, and workouts contained in Bulletproof Golfer.

The information in these workouts are the opinion of the author and are not a replacement for medical advice.

You should consult a physician before starting any activity, stretching or exercise program.
If you choose to follow the Bulletproof Golfer Workouts without consulting your physician, you are doing so at your own risk. We claim no responsibility for any injuries you might sustain. Drills and exercises include tutorials and detailed descriptions to give you the information you need to be able to perform the exercise with proper form. However, it is your responsibility to warm up properly, determine the weight you will use, perform each movement correctly, get professional supervision if you're unsure of an exercise technique and ultimately to decide whether or not you are capable of performing the exercise/workout without sustaining injury.